

**Amendment to the Abstract:**

The Abstract has been amended. A revised Abstract, including the changes reflected below, is attached.

A foot for optical or photographic supports ~~comprises~~ includes a telescopic rod having several telescopic members ~~(3, 4, 5)~~ and, for each pair of adjacent telescopic members, an expanding stop mechanism mounted on one telescopic member of the pair and acting on the other telescopic member of the pair in order to block ~~the~~ their relative sliding ~~thereof~~ motion. The stop mechanism includes a radially expandable ring and an expander body ~~(22, 22')~~ or for the ring for pressing the elements of the ring radially against ~~the~~ an inner shell of the other telescopic member. The ring ~~comprises~~ includes a plurality of barrel rollers ~~(22, 22')~~ having an outer shell ~~(21, 21')~~ with a curvature coinciding substantially with the curvature of the inner shell of the other telescopic member.

Attachment